



The Northern Virginia Volksmarchers!

Chargin' Charlie

January 2023

Balaclavas and Baklava

Before describing a recent volkssport adventure that included balaclavas and baklava, I want to share a few highlights from three Northern Virginia Volksmarchers events in December.

The Holiday Extravaganza on December 3 and 4, organized by Helen Garamone, featured multiple holiday-themed routes. Old Town Alexandria volksmarchers had the opportunity to enjoy the Scottish Parade and those that walked across the Potomac River admired decorations at National Harbor. Fifteen club members staffed the NVV start, finish and sales tables: Susan & Steve

Brown, Ginny Durr, Mary Fazio, Helen Garamone, Rob Grunewald, Paul Hancq, Susan & Jack Jeter, Ron Jones, Barbara McBride, Karen & Barry Plott, Bonnie Recore, and Margaret Wagner.



The Scottish Walk!

Two dozen members and newcomers enjoyed the annual Holiday Party on December 18 at PJ Skidoos. Organizer Ron Jones created custom centerpieces and a challenging NVV trivia contest. Uniquely etched wine glasses he designed, with our club's 40th anniversary logo, decorated the tables. Four attendees took pairs of these gifts home.

Person with the most volksmarches during 2022: Helen Garamone (108 walks!)

Member with the most walkers at their year-round event: Sandy Koontz (Burke)

Winner of the Holiday Party raffle: Paul Hancq

NVV trivia contest winner: Sandy Koontz, who regifted the pair of wine glasses to the club's newest member Dawn Underwood.



Classy glasses!

Every NVV holiday partygoers took home a festive candy cane reindeer made by Karen Plott. She started this creative and generous holiday craft tradition 42 years ago.

On December 21 Ron Jones led thirteen members, newcomers and a dog on the final Wednesday Walk of 2022. The scenic route passed through decorated neighborhoods in the City of Fairfax. Volksmarchers celebrated their 5 km and 10 km strolls with hot beverages and a very delicious lunch at the Ornerly Brewery near the start/finish point.



Wednesday walk!

Between our club's holiday volksmarch and holiday party, Susan and I joined two other couples for a chilly three days of hiking and biking along the Potomac River. The 185-mile Chesapeake and Ohio Canal National Historical Park is sanctioned from Georgetown in Washington, DC to Cumberland Maryland. On our

first day we hiked along the Appalachian Trail in Harpers Ferry, West Virginia. In addition to exploring the old U.S. armory, we listened to Christmas carolers, and saw where John Brown's 1859 raid and Civil War battles occurred. During scenic bike rides the following two days we wore balaclavas to help protect us from the chilly weather. While pedaling on the historic canal towpath, we visited restored lock houses and aqueducts. While hot food is always great after outdoor exercise, we felt especially fortunate to find exceptional baklava at a restaurant in Brunswick, Maryland with Mediterranean specialties.



Steve and Susan on the C&O.

I look forward to seeing everyone at our next club meeting which is scheduled for 7:30 p.m. on Monday, January 9 at Daniels Run Elementary School in the City of Fairfax.

Happy New Year!

Steve Brown, NVV President

Holiday Extravaganza

More than 100 volkssporters took part in the Holiday Extravaganza Dec. 3-4. The effort was a joint accomplishment with NVV and the Greater Greenbelt Volksmarchers. It was the third time the Virginia and Maryland clubs combined for the event.

In the morning, it was pouring buckets. But the skies cleared and the parade continued with skirling kilts and bagpipes leading the way. There were five- and 10-kilometer walks.



Alexandria from the Wilson Bridge.

The walk across the Potomac was a good draw with five-, seven- and 13-kilometer walks.

Helen is hoping for better weather in 2023, but she is still thankful to all who volunteered and who walked!

Holiday Party!

It was great seeing everyone at the Holiday Party. Here are some random photos for your enjoyment.



The NVV brain trust.



Ordering Holiday cheer.



Enjoying the ambience.



Candy Cane Reindeer!

Wednesday Walks



The Wednesday Walks have been incredibly successful all year. Ron has done an amazing job with setting them up and attracting new walkers. Here is a selfie from the last walk of 2022.

Upcoming events

Given the winter we have had so far, it is not surprising that there are few walks scheduled. The first walk in Virginia is scheduled for April 8 in Richmond with our own Burke Anniversary Walk set for April 22. In Maryland, the first walk is set for March 25 in St. Mary's City.

But don't let the sub-freezing temps bother you. Just remember: There is no such thing as bad weather; just bad clothes.

Stuttgart Volksmarch medals looking for a good home

Dave O'Connor - a local volksmarcher - contacted Helen to offer his Volksmarch Medals to anyone who wants them. Dave started volksmarching in Stuttgart, West Germany in 1980 and has medals he earned through 1983. He is downsizing. He is local and will drive to your house. His email is deo.sbo@verizon.net. His phone number is 703-863-8476.



Dave's medals from Germany.

Quote

If you're walking down the right path and you're willing to keep walking, eventually you'll make progress. Barack Obama.

Parting shot



Angkor Wat, Cambodia at dawn.



Northern Virginia Volksmarchers

2023 details at NorthernVirginiaVolksmarchers.club



Traditional 3-Mile and 6-Mile Walks

- 40TH Anniversary April 22nd in Burke
- Oktoberfest Weekend at Fort Belvoir
- Holiday Extravaganza in Alexandria

Guided Group Walks (depart at 10 am)

Contact Ron at outdoorsy_guy1@yahoo.com

- **March 15th in Alexandria**
Bread & Water Café (1512 Belle View Blvd)
- **April 19th in Springfield**
South Run Rec Center (7550 Reservation Dr)
- **May 17th in Burke**
Café Rio Mexican Grill (6003 Burke Centre Pkwy)
- **June 21st in Lorton**
Workhouse Center (9518 Workhouse Way)



Scan for NVV's
Meetup Group

Monthly NVV Club Meetings (at 7:30 pm)

- **2nd Mondays in the City of Fairfax**
Daniels Run Elementary School
3723 Old Lee Highway (use front door)
- **Pre-Meeting Walks at 6 pm** (March - June)

Ten Year-Round and Seasonal Walks

Start when you want on a 3-mile or 6-mile route

- **Alexandria Dyke Marsh Preserve ***
Bread & Water Café at 1512 Belle View Blvd
- **Alexandria Old Town *** (Masonic Memorial)
George Washington Memorial at 101 Callahan Dr
- **Alexandria Waterfront** (Jones Point Park) *
Bread & Water Café at 1512 Belle View Blvd
- **Burke Lake Barton**
Starbucks at 5749 Burke Centre Parkway
- **Burke Centre Six Ponds ***
Starbucks at 6003A Burke Centre Parkway
- **Fairfax City Downtown ***
Courthouse Shopping Plaza at 10350 Willard Way
- **Lorton Workhouse Arts Center *** (Mar -Oct)
Building # W-16 at 9518 Workhouse Way
- **Reston Town Center**
Running Store at 11911 Democracy Drive
- **Springfield South Run**
Recreation Center at 7550 Reservation Drive
- **Springfield Lake Accotink *** (Mar-Oct)
Swiss Bakery Shop at 5224 Port Royal Road

* = Walks with an optional Online Start Box

For the latest event information see the NVV club website at NorthernVirginiaVolksmarchers.club